

2000 CALORIE DIET

Appropriate for some female athletes who have a low body weight or are trying to lose weight, likely from sports such as golf, diving, and softball.

Breakfast 2 cups of Cheerios with 1 cup of skim milk
1 medium banana

Morning Snack 12 baby carrots

Lunch 3 slices of turkey breast on 2 slices of whole wheat bread with lettuce, tomato, 1 slice of Swiss cheese and 1 Tbsp of mayonnaise
1 medium apple

Afternoon Snack Peanut butter granola bar

Dinner Salad containing 1 cup spinach, 3 oz. grilled chicken breast, 1/2 cup chickpeas, 1/2 cup canned mandarin oranges, mushroom, and onion topped with 1/2 oz. dried walnuts and 1 Tbsp red wine vinaigrette
1 cup skim milk

Evening Snack 6 oz. low-fat yogurt

During Practice Approximately 3 cups of Powerade